



NOVA SPRING SEND-OFF
A/BB/B/C Meet
April 7-8, 2006
SANCTION NO. VS-06-51

Hosted by:
NOVA
AQUATICS
of Virginia

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-06-51						
LOCATION:	NOVA Aquatics Center, 12207 Gayton Road, Richmond, VA 23233, (804) 754-3401						
FACILITY:	10-lane 25-yard pool with Kieffer Wave eater lanes, Daktronics Automatic Timing System. 8 lanes will be used for competition. At least two warm-up/warm-down lanes will be available at all times.						
MEET DIRECTORS:	<table><tr><td>Ellen Walk</td><td>Julie Litz</td></tr><tr><td>Phone: (804) 289-8770 (work)</td><td>Phone: (804) 550-2341 (work)</td></tr><tr><td>Email: ewalk@richmond.edu</td><td>Email: jlitz@mail2.vcu.edu</td></tr></table>	Ellen Walk	Julie Litz	Phone: (804) 289-8770 (work)	Phone: (804) 550-2341 (work)	Email: ewalk@richmond.edu	Email: jlitz@mail2.vcu.edu
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ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming registered swimmers from NOVA, SQST, VACS, and BASS.• All swimmers participating in this meet must be registered by the first day of the meet.• No on deck registration will be permitted.• Swimmers may compete in any event in which they have a "C", "B", "BB", or "A" Time (AA times and higher are ineligible).• 2005-2008 NAG top 16 based times are in effect.• Age on April 7, 2006 will determine age for the entire meet.						
DISABILITY SWIMMERS	<ul style="list-style-type: none">• Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.• The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.						
FORMAT:	<ul style="list-style-type: none">• Odd-Age format for events.• All age groups Friday evening, 10 & Older Saturday AM, 9 & Younger Saturday PM.• All events will be timed finals.• Friday pm session: Warm-up: 4:00 pm; competition start: 5:00 pm.• Saturday AM sessions: Warm-ups: 7:00; competition start: 8:00 am.• Saturday PM sessions: Warm-ups: 1:30; competition starts at 2:30 pm.• <i>Finalized warm-up times will depend on entries; final lane assignment and warm-up times for individual clubs will be emailed to the contact person of the participating clubs by Wednesday, April 5, 2006.</i>						
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, MARCH 28, 2006</p> <ul style="list-style-type: none">• Entries must be submitted in short course yard times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.• Teams may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk.• A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.• Coaches Time (CT) and no time (NT) entries will be accepted for events in which a swimmer does not have a time of record. CT may not exceed a "B" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.• Swimmers may enter 2 events on Friday evening, 3 individual events on Saturday AM; and 4 events Saturday PM.• The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events which may require reseeding.• Email entries to: aykey1@aol.com• Mail entries to: Alice Key/NOVA Aquatics 12207 Gayton Road Richmond, VA 23238• IMPORTANT: If entries are sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that						

	a signature is NOT required for delivery as this will delay the receipt of your entries.
FEES:	<p>Individual events: \$3.00 Swimmer surcharge: \$2.00 per person</p> <ul style="list-style-type: none"> • Checks should be made payable to: NOVA OF VA AQUATICS • Payment must be received by April 5, 2006 for email entries. Payment must be included with all mailed entries. • Failure to pay entry fees by this deadline could result in teams being barred from the meet.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first through eighth place.
SEEDING:	<ul style="list-style-type: none"> • Event #21 & 22 (12&O 500 Free) will be deck seeded with a positive check in by 4:30 pm • All other individual events will be pre-seeded. • Swimmers in all sessions should report directly to the blocks for their events. • The Event #21 & 22 (12&O 500 Free) will be swum slowest to fastest. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Deck entries will be accepted in the order received to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Clerk-of-Course on the provided forms.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> • Swimmer shall be disqualified from the event entered illegally and the event shall be re-scored and awarded. • Club may be fined \$100 for each offense, and a record of such offenses shall be kept and published as part of the official meet results. • Clubs entering swimmers not legally registered with United States Swimming by the first day of the meet may be fined \$100 per swimmer in each event so entered. • If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer.
RULES:	<ul style="list-style-type: none"> • The 2005 USA Swimming Rules and Regulations will apply. • In accordance with VSI Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: John Vogt Phone: (804) 740-6126 Email: jvogt01@comcast.net</p> <ul style="list-style-type: none"> • Officials at all positions will be required for this meet. • Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Dennis Vaughan at email: dlvaughan@msn.com no later than April 2, 2006. • Officials meetings will be held 45 minutes before each session.
SAFETY:	<ul style="list-style-type: none"> • VSI Safety and Warm-up procedures will be in effect. • Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the Meet Referee, any swimmer, coach, or club for the failure to follow the safety rules. • During the competition, swimmers must enter the warm-up lanes from the far end of the pool (opposite the starting blocks), feet first.
TIMERS:	<ul style="list-style-type: none"> • Clubs may be required to provide timers. • The head timer will assign specific lanes prior to each session
GENERAL:	<ul style="list-style-type: none"> • Heat sheets will be available for purchase. • Bleacher seating for 280 • Hospitality room will be open to coaches and certified officials. • The Virginia Swim Shop will be open for swimming accessories and shopping.

	<ul style="list-style-type: none"> • Please inform swimmers and parents that spectator deck space may be extremely tight. • Any help in reducing the number of spectators and their carry in possessions would be greatly appreciated. • Swim bags should be placed under the seats. • No glass containers, smoking or alcohol is permitted in the pool area.
PARKING:	<ul style="list-style-type: none"> • The NOVA Aquatics Center has parking. • Additional parking is available in the lot next door, and in several lots one block east of the pool at the intersection of Gayton and Cambridge. • PLEASE DO NOT PARK AT THE APARTMENT BUILDING.
DIRECTIONS:	<p>NOVA AQUATICS CENTER 12207 GAYTON RD. RICHMOND, VA 23238 PHONE: (804) 754-4301</p> <ul style="list-style-type: none"> • SOUTH – 95 North to 64 West to the Gaskins Road South exit. Follow Gaskins Rd. south to Ridgefield Parkway (3rd light); turn right. Proceed on Ridgefield until you intersect with Gayton Rd. (4th light); turn left. NOVA Aquatics Center less than ½ mile on left. • NORTH – 95 South to 64 West to the Gaskins Road South exit. Then follow the directions above. • WEST – 64 East to the Short Pump/Broad Street 250 West exit. Follow Broad Street (250 West) to Pump Rd. Take a left at that light. Follow Pump Rd. to Ridgefield Parkway (3rd light); take a right. Follow Ridgefield to Gayton Rd. (2 lights); take a left on to Gayton. Pool is less than ½ mile on your left. • SOUTHSIDE – Take Chippenham Parkway North which will turn into Parham Rd. Follow Parham to Quioccasin/Gayton Rd. (Regency Mall on left); take a left at that light. Proceed for 4-5 miles. The pool will be on your right.

Order of Events

NOVA A/BB

Friday, April 7, 2006

Warm Ups 4:00 PM, Meet start 5:00 PM

1	9 & Younger 100 IM	2
3	10 – 11 100 IM	4
5	12 & Older 200 IM	6
7	10 – 11 100 Fly	8
9	11 & Older 200 Fly	10
11	9 & Younger 50 Breast	12
13	10 – 11 50 Breast	14
15	12 & Older 100 Breast	16
17	9 & Younger 200 Free	18
19	10 – 11 200 Free	20
21	12 & Older 500 Free	22

Saturday AM April 8, 2006

Warm Up 7:00 AM, Meet Start 8:00AM

23	10 – 11 100 Back	24
25	12 & Older 100 Back	26
27	10 – 11 50 Free	28
29	12 & Older 50 Free	30
31	10 – 11 100 Breast	32
33	11 & Older 200 Breast	34
35	10 – 11 50 Back	36
37	11 & Older 200 Back	38
39	10 – 11 50 Fly	40
41	12 & Older 100 Fly	42
43	10 – 11 100 Free	44
45	12 & Older 100 Free	46

Saturday, PM April 8, 2006

Warm Ups 1:30 PM, Meet Start 2:30PM

47	9 & Younger 100 Back	48
49	7 & Younger 50 Free	50
51	8 – 9 50 Free	52
53	7 & Younger 50 Breast	54
55	8 – 9 100 Breast	56
57	7 & Younger 50 Back	58
59	8 – 9 50 Back	60
61	7 & Younger 50 Fly	62
63	8 – 9 50 Fly	64
65	9 & Younger 100 Fly	66
67	9 & Younger 100 Free	68